

YOUR 2013 GUIDE TO

FANTASY FOOTBALL

by JOE KACIK and ROBERT D. VOROS | THE VIRGINIAN-PILOT

DYNAMIC DUO

It's been a while since the Redskins have had this much fantasy firepower in their backfield. **RB Alfred Morris** will likely be drafted during the back half of the first round in most leagues and makes a great RB1 if you're picking there. **QB Robert Griffin III** has almost fully recovered from last season's devastating knee injury, but could be available in rounds 4-6 or even later in smaller leagues.

Robert Griffin III	2012 STATS	2013 PROJ.	Alfred Morris	2012 STATS	2013 PROJ.
CATEGORY			CATEGORY		
PASSING YARDS	3,200	3,000	RUSHING YARDS	1,613	1,700
PASS TDs	20	20	RUSHING TDs	13	15
INTERCEPTIONS	5	10	RECEPTIONS	11	25
RUSHING YARDS	815	600	RECEIVING YARDS	77	150
RUSHING TDs	7	5	RECEIVING TDs	0	1



POTENTIAL SLEEPERS

QUARTERBACKS
Sam Bradford
St. Louis' Bradford has more playmakers to throw to – rookie wideouts Tavon Austin and Stedman Bailey and free agent tight end Jared Cook – and more protection with the addition of left tackle Jake Long. He also doesn't have a workhorse running back to hand the ball off to since Steven Jackson has moved on to Atlanta, so he may have to throw it more.

Others to watch: **Michael Vick** (Phi.) and **Carson Palmer** (Arizona)

RUNNING BACKS
Steven Jackson
Atlanta's Jackson is no longer a top-10 back and he's entering his 10th season at the age of 30, but he makes a great fit with the Falcons and could be a good value in the second or third round of drafts. He should be the primary goal-line back on a team that figures to be in the red zone often. He's only missed two games in the past four seasons combined.

Others to watch: **Eddie Lacy** (Green Bay) and **Shane Vereen** (New England)

WIDE RECEIVERS
Torrey Smith
Baltimore's Smith is clearly Joe Flacco's No. 1 target after wideout Anquan Boldin got traded in the offseason and tight end Dennis Pitta suffered a season-ending hip injury in training camp. Smith was already the team's best deep threat, but now he may be asked to be more of a possession receiver as well. Look for his production to go up.

Others to watch: **T.Y. Hilton** (Indianapolis) and **Vincent Brown** (San Diego)

TIGHT ENDS
Brandon Myers
Myers was a top-10 fantasy tight end on a bad Oakland offense last season. He's now with a more efficient New York Giants offense and should see more red-zone opportunities. He finished in the top six among tight ends in targets (105), catches (79) and receiving yards (806) last season.

Others to watch: **Jordan Cameron** (Cleveland) and **Fred Davis** (Washington)

- BOUNCE-BACK CANDIDATE**
- **Larry Fitzgerald**, WR (Arizona)
2012: 71 rec., 798 rec. yds, 4 TDs
- PLAYERS WITH UPSIDE**
- **Doug Martin**, RB (Tampa Bay)
2012: 1,926 total yds, 12 total TDs
 - **C.J. Spiller**, RB (Buffalo)
2012: 1,703 total yds, 8 total TDs
 - **Trent Richardson**, RB (Cleveland)
2012: 1,317 total yds, 12 total TDs
 - **Colin Kaepernick**, QB (San Francisco)
2012: 1,814 pass. yds, 10 pass. TDs, 415 rush. yds, 5 rush. TDs
 - **Andrew Luck**, QB (Indianapolis)
2012: 4,374 pass. yds, 23 pass. TDs, 255 rush. yds, 5 rush. TDs
 - **Julio Jones**, WR (Atlanta)
2012: 79 rec., 1,198 rec. yds, 10 TDs
 - **Randall Cobb**, WR (Green Bay)
2012: 80 rec., 954 rec. yds, 8 TDs
 - **Jared Cook**, TE (St. Louis)
2012: 44 rec., 523 rec. yds, 4 TDs

POTENTIAL BUSTS

QUARTERBACKS
Russell Wilson
The loss of wideout Percy Harvin for most of the season hurts the fantasy value of Seattle's Wilson. He had a nice rookie season last year, but had no 300-yard passing games and nine games with less than 200 yards. No team ran the ball more than the Seahawks last season, and that's not likely to change much with Marshawn Lynch back as the workhorse.

Others: **Joe Flacco** (Baltimore) and **Josh Freeman** (Tampa Bay)

RUNNING BACKS
BenJarvus Green-Ellis
The Cincinnati Bengals obviously realize that Green-Ellis is no longer a workhorse back or they wouldn't have drafted Giovani Bernard in the second round. This has all the makings of becoming a committee, especially since Green-Ellis doesn't catch many passes and Bernard caught 47 passes his senior year at North Carolina.

Others: **DeMarco Murray** (Dallas) and **Ryan Mathews** (San Diego)

WIDE RECEIVERS
Mike Wallace
Wallace's receiving yards have been on the decline for the past three seasons, and now he goes to a less productive offense in Miami. Wallace is still a big-play threat, but the question will be if second-year quarterback Ryan Tannehill (12 TD passes and 13 interceptions last season) can get him the deep ball.

Others: **Miles Austin** (Dallas) and **Greg Jennings** (Minnesota)

TIGHT ENDS
Kyle Rudolph
Minnesota's Rudolph had a breakout season last year with nine touchdown catches, but his 3.7-yards-per-catch average was 32nd among tight ends. So he's kind of boom or bust. He had three games with no receptions and seven games with two or fewer fantasy points last year. Defenses will likely pay more attention to him in the red zone this season.

Others: **Jermaine Gresham** (Cincinnati) and **Martellus Bennett** (Chicago)



Check out Joe Kacik on his blog throughout the season for fantasy football insight, analysis and the latest news at hamptonroads.com/blogs/joe-kacik. Also, follow him on Twitter – @jkacik – for up-to-the-minute player information.

PLAYER RANKINGS, BY POSITION

TIER 1 PLAYERS - Try to grab at least one from each position; two RBs and WRs would be best. Kickers can wait until the last round of your draft.
TIER 2 PLAYERS - Expect about 75 percent of the production of an average Tier 1 player. **TIER 3 PLAYERS** - Expect about 50 percent of the production of an average Tier 1 player, excluding kickers.

QUARTERBACKS	RUNNING BACKS	WIDE RECEIVERS	TIGHT ENDS	KICKERS	DEFENSES
RANK/PLAYERTEAMBYE	RANK/PLAYERTEAMBYE	RANK/PLAYERTEAMBYE	RANK/PLAYERTEAMBYE	RANK/PLAYERTEAMBYE	RANK/TEAMBYE
TIER 1 QBs	TIER 1 RBs	TIER 1 WRs	TIER 1 TEs	TIER 1 Ks	TIER 1 DEfs
1. Drew Brees NO 7	1. Adrian Peterson MIN 5	1. Calvin Johnson DET 9	1. Jimmy Graham NO 7	1. Blair Walsh MIN 5	1. Seattle Seahawks 12
2. Aaron Rodgers GB 4	2. Doug Martin TB 5	2. A.J. Green CIN 12	2. Tony Gonzalez ATL 6	2. Phil Dawson SF 9	2. San Francisco 49ers 9
3. Peyton Manning DEN 9	3. Ray Rice BAL 8	3. Dez Bryant DAL 11	3. Jason Witten DAL 12	3. Justin Tucker BAL 8	3. Chicago Bears 8
4. Cam Newton CAR 4	4. C.J. Spiller BUF 12	4. Brandon Marshall CHI 8	4. Vernon Davis SF 9	4. Matt Bryant ATL 6	4. Houston Texans 8
5. Matt Ryan ATL 6	5. Trent Richardson CLE 10	5. Julio Jones ATL 6	TIER 2 TEs	5. Stephen Gostkowski NE 10	TIER 2 DEfs
6. Tom Brady NE 10	6. LeSean McCoy PHI 12	6. Demaryius Thomas DEN 9	6. Rob Gronkowski NE 10	6. Matt Prater DEN 9	5. Cincinnati Bengals 12
TIER 2 QBs	7. Jamaal Charles KC 10	7. Larry Fitzgerald ARZ 9	6. Antonio Gates SD 8	TIER 2 Ks	6. New England Patriots 10
7. Colin Kaepernick SF 9	8. Arian Foster HOU 8	8. Roddy White ATL 6	7. Dan Bailey DAL 11	7. Dan Bailey DAL 11	7. Denver Broncos 9
8. Andrew Luck IND 8	9. Alfred Morris WSH 5	9. Vincent Jackson TB 5	8. Greg Zuerlein STL 11	8. Greg Zuerlein STL 11	8. St. Louis Rams 11
9. Robert Griffin III WSH 5	10. Marshawn Lynch SEA 12	10. Randall Cobb GB 4	9. Sebastian Janikowski OAK 7	9. Sebastian Janikowski OAK 7	9. Baltimore Ravens 8
10. Matthew Stafford DET 9	11. Matt Forte CHI 8	11. Andre Johnson HOU 8	10. Garrett Hartley NO 7	10. Garrett Hartley NO 7	10. Arizona Cardinals 9
11. Tony Romo DAL 11	TIER 2 RBs	12. Victor Cruz NYG 9	11. Randy Bullock HOU 8	11. Randy Bullock HOU 8	11. Green Bay Packers 4
12. Russell Wilson SEA 12	12. Steven Jackson ATL 6	TIER 2 WRs	12. Kyle Rudolph MIN 5	12. Lawrence Tynes TB 5	12. Tampa Bay Buccaneers 5
13. Michael Vick PHI 12	12. Stevan Ridley NE 10	13. Reggie Wayne IND 8	TIER 3 TEs	13. Josh Brown NYG 9	13. Minnesota Vikings 5
14. Andy Dalton CIN 12	13. Chris Johnson TEN 8	14. Marques Colston NO 7	13. Greg Olsen CAR 4	14. David Akers DET 9	14. Pittsburgh Steelers 5
15. Eli Manning NYG 9	15. Reggie Bush DET 9	15. Mike Wallace MIA 6	14. Jermichael Finley GB 4	15. Steven Hauschka SEA 12	15. Cleveland Browns 10
TIER 3 QBs	16. Maurice Jones-Drew JAX 9	16. Torrey Smith BAL 8	15. Martellus Bennett CHI 8	16. Robbie Gould CHI 8	16. New York Giants 9
16. Sam Bradford STL 11	17. Frank Gore SF 9	17. DeSean Jackson PHI 12	16. Brandon Pettigrew DET 9	17. Ryan Succop KC 10	TIER 3 DEfs
17. Ben Roethlisberger PIT 5	18. Darren Sproles NO 7	18. Dwayne Bowe KC 10	17. Coby Fleener IND 8	18. Alex Henery PHI 12	17. Washington Redskins 5
18. Carson Palmer ARZ 9	19. DeMarco Murray DAL 11	19. Pierre Garcon WSH 5	18. Tyler Eifert (R) CIN 12	19. Kai Forbath WSH 5	18. Dallas Cowboys 11
19. Matt Schaub HOU 8	20. Darren McFadden OAK 7	20. Jordy Nelson GB 4	19. Brent Celek PHI 12	TIER 3 Ks	19. Indianapolis Colts 8
20. Josh Freeman TB 5	21. Lamar Miller MIA 6	21. Steve Smith CAR 4	20. Zach Miller SEA 12	20. Nick Novak SD 8	20. Carolina Panthers 4
21. Alex Smith KC 10	22. Eddie Lacy (R) GB 4	22. Antonio Amendola NE 10	21. Rob Housler ARZ 9	21. Rob Bironas TEN 8	21. Miami Dolphins 6
22. Ryan Tannehill MIA 6	23. David Wilson NYG 9	23. James Jones GB 4	22. Jermaine Gresham CIN 12	22. Mason Crosby GB 4	22. San Diego Chargers 8
23. Brandon Weeden CLE 10	24. DeAngelo Williams CAR 4	24. Wes Welker DEN 9	23. Dwayne Allen IND 8	23. Mike Nugent CIN 12	23. Kansas City Chiefs 10
24. Joe Flacco BAL 8	25. Chris Ivory NYJ 10	25. T.Y. Hilton IND 8	24. Zach Ertz (R) PHI 12	24. Adam Vinatieri IND 8	24. Philadelphia Eagles 12
25. Jay Cutler CHI 8	26. Ryan Mathews SD 8	26. Antonio Brown PIT 5	25. Kellen Winslow NYJ 10	25. Dan Carpenter ARZ 9	25. New York Jets 10
26. Philip Rivers SD 8	27. Ahmad Bradshaw IND 8	27. Eric Decker DEN 9	26. Ed Dickson BAL 8	26. Shaun Suisham PIT 5	26. Tennessee Titans 8
27. EJ Manuel (R) BUF 12	28. Daryl Richardson STL 11	28. Steve Johnson BUF 12	27. Mercedes Lewis JAX 9	27. Josh Scobee JAX 9	27. Detroit Lions 9
28. Matt Flynn OAK 7	TIER 3 RBs	29. Cecil Shorts JAX 9	28. Heath Miller PIT 5	28. Caleb Sturgis (R) MIA 6	28. Buffalo Bills 12
29. Geno Smith (R) NYJ 10	29. Pierre Thomas NO 7	30. Anquan Boldin SF 9	29. Julius Thomas DEN 9	29. Graham Gano CAR 4	29. Atlanta Falcons 6
30. Jake Locker TEN 8	30. BenJarvus Green-Ellis CIN 12	31. Mike Williams TB 5	30. Delanie Walker TEN 8	30. Dustin Hopkins (R) BUF 12	30. New Orleans Saints 7
31. Christian Ponder MIN 5	31. Montee Ball (R) DEN 9	32. Hakeem Nicks NYG 9	31. Travis Kelce (R) KC 10	31. Nick Folk NYJ 10	31. Jacksonville Jaguars 9
32. Blaine Gabbert JAX 9	32. Rashard Mendenhall ARZ 9	33. Greg Jennings MIN 5	32. Zach Sudfeld (R) NE 10	32. Shayne Graham CLE 10	32. Oakland Raiders 7
MICHAEL VICK		TIER 3 WRs			
Two questions the former Virginia Tech star needs to address:		34. Chris Givens STL 11			
1.) How will he adapt to new head coach Chip Kelly's fast-paced offense? And ...		35. Josh Gordon CLE 10			
2.) Can he stay healthy for all 16 games?		36. Michael Floyd ARZ 9			
We think that Vick is well-suited for Kelly's fast-paced offense, but he will likely miss at least two games with injuries.		37. Emmanuel Sanders PIT 5			
		38. Vincent Brown SD 8			
		39. Miles Austin DAL 11			
		40. Tavon Austin (R) STL 11			
		41. Reuben Randle NYG 9			
		42. Alshon Jeffery CHI 8			
		43. Bryce Hopkins (R) HOU 8			
		44. Kenny Britt TEN 8			
		45. Andre Roberts ARZ 9			
		46. Golden Tate SEA 12			
		47. Kendall Wright TEN 8			
		48. Mohamed Sanu CIN 12			
		49. Lance Moore NO 7			
		50. Kenbrell Thompkins (R) NE 10			

INJURED IN SEATTLE

The Seahawks hope Virginia Beach's **Percy Harvin** will be on the field contributing at some point in the second half of the season. If your team is weak at WR and your league has an injury spot, you might want to stash Harvin there for later.



Bills' EJ Manuel

ROOKIES TO WATCH

QUARTERBACKS
Bayside High grad **EJ Manuel** (Buffalo) appears to be the only rookie that will see significant playing time this season, although **Geno Smith** could end up starting games for the Jets. Manuel hurt his knee in the preseason, so he might only have value in two-QB leagues.

RUNNING BACKS
This year's crop of rookie RBs includes a handful of solid contributors, but odds are none will duplicate what Tampa Bay's Doug Martin and Washington's Alfred Morris did last season. The Packers' **Eddie Lacy** appears to have the best chance to start early, but the Broncos' **Montee Ball**, the Bengals' **Giovani Bernard** and the Steelers' **Le'Veon Bell** could eventually earn starting roles.

WIDE RECEIVERS & TIGHT ENDS
The strength of this year's rookie receiving corps could be in the TEs. Cincinnati's **Tyler Eifert**, Philadelphia's **Zach Ertz**, Kansas City's **Travis Kelce** and New England's **Zach Sudfeld** should all play roles in good offenses. Sudfeld could be a steal if injured Rob Gronkowski is out for a while. WRs **Tavon Austin** (St. Louis), **DeAndre Hopkins** (Houston) and **Kenbrell Thompkins** (New England) are draftable as WR3s.

SOURCES: AP, ESPN, Getty Images, pro-football-reference.com, nfl.com, Yahoo!